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Education and culture

VHS workshop explores ways to eat more relaxed in everyday life

VHS workshop "Meal Prep & Mindful Eating" on 3 December at the LernWerk // Strategies for meal preparation and more mindful eating // Register online or at the VHS office

The Bocholt-Rhede-Isselburg Adult Education Centre is offering the workshop "Meal Prep & Mindful Eating" at the LernWerk on Thursday 3 December 2026. The workshop focuses on how simple planning and more mindful eating can help you eat healthily and stay relaxed, even during stressful periods.

The workshop, whose full title is "Meal Prep & Mindful Eating - Strategies for relaxed, healthy eating despite a busy schedule", will take place from 6.00 pm to 7.30 pm at LernWerk Bocholt, Industriestraße 1. It will be led by Jenny Bierschenk, a nutrition and health adviser and yoga teacher.

When work, family and commitments dictate the course of the day, a balanced diet often falls by the wayside. Instead of planned meals, eating habits are then frequently dictated by cravings, quick snacks when stressed and a lack of planning. The workshop demonstrates how simple routines, forward-thinking preparation and paying closer attention whilst eating can bring calm and stability to your daily eating habits.

The focus is on practical approaches to meal preparation and tried-and-tested strategies for regulating blood sugar levels. The instructor will also introduce simple 'anchor meals' and offer ideas for practising greater mindfulness whilst eating. Perfection is expressly not the aim here. Rather, participants are encouraged to find a relaxed and healthy approach to food that suits their own daily lives.

The workshop is aimed at anyone who wishes to improve their diet in a way that works for everyday life and find a better balance between health, enjoyment and organisation. This applies particularly to people who are currently going through a challenging phase in their lives.

The participation fee is 15 euros. You can register online at vhs.bocholt.de or at the VHS office in the LernWerk. Further information about the workshop is also available there.



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